

Ear, Nose and Throat (Aspects of Balance) PSP completed 2011																						
Indicative Uncertainty	Why is there uncertainty?	Rank from PSP	What is person's age?	Which types of treatments?	Which types of treatments?	Which types of treatments?	Which types of treatments?	Which types of treatments?	Which types of treatments?	Which types of treatments?	Which types of treatments?	Which types of treatments?	Which types of treatments?	Which types of treatments?	Which types of treatments?	Original uncertainty	References to reliable up-to-date systematic reviews	Systematic reviews in preparation	Systematic reviews that need updating or extending	Ongoing controlled trials	Which outcomes?	
Are any complementary therapies effective in preventing the severity, frequency and progression of attacks of Ménière's disease?	Existing relevant systematic reviews are not up-to-date		Adult	Complementary therapies												Aspects of Balance Priority Setting Partnership Rank: 19	Long AF, Xing M, Morgan K, Brette A. Exploring the Evidence Base for Acupuncture in the Treatment of Ménière's Syndrome - A Systematic Review. Evidence Based Complementary and Alternative Medicine 2009 http://ecam.oxfordjournals.org/cgi/lookup?url=/doi/10.1093/ect/15.1.172		Sen P and Papesch M. Is There Any Evidence For Complementary And Alternative Therapy In Menieres Disease. The Internet Journal of Otorhinolaryngology. 2005;4:1.			Changes in severity and frequency of Meniere's disease attacks using complementary therapies; adverse effects; acceptability to patients
Are home-based exercises given to patients with balance disorders effective?	Reliable up-to-date systematic reviews have revealed important continuing uncertainties about treatment effects	9	Adult	Exercise												Balance priority 9 Aspects of Balance Priority Setting Partnership Rank: 9 Suggested research strategy Step 1 A systematic review of the effects of home-based exercises on symptoms in patients with balance disorders. Proceeding if necessary to Step 2 A trial of home-based exercises for symptoms in patients with balance disorders.	Hillier SL, McDonnell M. Vestibular rehabilitation for unilateral peripheral vestibular dysfunction. Cochrane Database of Systematic Reviews 2011, Issue 2. Art. No.: CD005397. DOI: 10.1002/14651858.CD005397.pub3				Change in balance disorder symptoms; change in falls; adverse effects; acceptability to patients	
Are stress management techniques helpful in patients with balance disorders	Existing relevant systematic reviews are not up-to-date	10	Adult	Psychological therapy	Physical therapies											Balance priority 10 Aspects of Balance Priority Setting Partnership Rank: 10 Suggested research strategy Step 1 A systematic review of the effects of stress management techniques on symptoms in patients with balance disorders. Proceeding if necessary to Step 2 A trial of stress management techniques for symptoms in patients with balance disorders.		Sen P and Papesch M. Is There Any Evidence For Complementary And Alternative Therapy In Menieres Disease. The Internet Journal of Otorhinolaryngology. 2005;4:1.			Change in balance disorder symptoms; change in falls; adverse effects; acceptability to patients	
Are there any advantages of combined antihistamine preparations (e.g. Arlevert) for the management of Ménière's disease?	No relevant systematic reviews identified		Adult	Drug												Aspects of Balance Priority Setting Partnership Rank: 22					Improved control of Meniere's disease through improved medication management	
Are there any effective interventions for the ear pressure symptoms in Ménière's disease?	No relevant systematic reviews identified	6	Adult	Devices												Balance priority 6 Aspects of Balance Priority Setting Partnership Rank: 6 Suggested research strategy Step 1 A systematic review of interventions for the ear pressure symptoms in Ménière's disease. Proceeding if necessary to Step 2 A trial of interventions for the ear pressure symptoms in Ménière's disease.	Pullens B, van Benthem PP. Positive pressure therapy for Ménière's disease or syndrome (Protocol). Cochrane Database of Systematic Reviews 2010, Issue 3. Art. No.: CD008419. DOI: 10.1002/14651858.CD008419				Change in Meniere's symptoms	
Are there any 'rapid relief' interventions for acute vertigo in Ménière's disease other than vestibular sedatives?	No relevant systematic reviews identified		Adult	Exercise	Drug	Diet	Devices	Physical therapies	Surgery							Aspects of Balance Priority Setting Partnership Rank: 18					Rapid relief of acute vertigo attacks using interventions other than sedatives	
Are there any self-administered, cheap, easy and safe therapies that patients have discovered that help balance problems?	Existing relevant systematic reviews are not up-to-date		Adult	Exercise	Diet	Drug	Devices	Physical therapies	Surgery							Aspects of Balance Priority Setting Partnership Rank: 21		Sen P and Papesch M. Is There Any Evidence For Complementary And Alternative Therapy In Menieres Disease. The Internet Journal of Otorhinolaryngology. 2005;4:1.			Changes in symptoms of balance disorders; adverse effects; acceptability	
Are there any specific techniques that patients can adopt (e.g. certain visual or positional strategies) that can help in an acute attack of Ménière's disease?	No relevant systematic reviews identified		Adult	Physical therapies												Aspects of Balance Priority Setting Partnership Rank: 14					Resolution of Meniere's attack; adverse effects; acceptability to patients	
Does the management of co-existing neck problems improve outcomes for patients with balance disorders?	No relevant systematic reviews identified		Adult	Physical therapies												Aspects of Balance Priority Setting Partnership Rank: 12					Change in neck symptoms; change in Meniere's symptoms; adverse effects	
Is any specific surgical intervention effective in Ménière's disease and what procedure is best?	Reliable up-to-date systematic reviews have revealed important continuing uncertainties about treatment effects	5	Adult	Surgery												Balance priority 5 Aspects of Balance Priority Setting Partnership Rank: 5 Is any specific surgical intervention effective in Meniere's disease and what procedure is best? Suggested research strategy Step 1 An overview of systematic reviews (+ new reviews) evaluating the effects of surgical interventions in Ménière's disease, considering ablative and non-ablative procedures separately. Proceeding if necessary to Step 2 Trials evaluating the effects of (a) ablative, and (b) non-ablative, surgical interventions in Ménière's disease.	Pullens B, Giarl J, Verschuur HP, van Benthem PP. Surgery for Ménière's disease. Cochrane Database of Systematic Reviews 2010, Issue 1. Art. No.: CD005395. DOI: 10.1002/14651858.CD005395.pub2	Pullens B, van Benthem PP. Positive pressure therapy for Ménière's disease or syndrome (Protocol). Cochrane Database of Systematic Reviews 2010, Issue 3. Art. No.: CD008419. DOI: 10.1002/14651858.CD008419			Improvement of meniere's symptoms through surgical intervention	
Is it helpful for patients with balance disorders to adopt a specific diet?	No relevant systematic reviews identified		Adult	Diet												Aspects of Balance Priority Setting Partnership Rank: 20					Dietary control of Meniere's disease	
Is it helpful for patients with balance disorders to reduce/avoid salt intake?	No relevant systematic reviews identified		Adult	Diet												Aspects of Balance Priority Setting Partnership Rank: 23					Change or prevention of balance disease symptoms; adverse effects; acceptability	

Is it helpful in preventing the severity, frequency and progression of attacks of Ménière's disease to adopt a specific diet, or restrict salt, caffeine or fluid intake?	No relevant systematic reviews identified	8	Adult	Diet												Balance priority 8 Aspects of Balance Priority Setting Partnership Rank: 8 Suggested research strategy Step 1 A systematic review of the effects of dietary manipulations in reducing the severity and frequency of attacks, and progression, of Ménière's disease. Proceeding if necessary to Step 2 A trial of the effects of dietary manipulations in reducing the severity and frequency of attacks, and progression, of Ménière's disease.				Change in Meniere's symptoms; adverse effects; acceptability to patient
Is it true that atmospheric pressure/weather influences balance disorders, and how might this best be managed?	Reliable up-to-date systematic reviews have revealed important continuing uncertainties about treatment effects		Adult	Environmental												Aspects of Balance Priority Setting Partnership Rank: 17	Pullens B, van Benthem PP. Positive pressure therapy for M/Wh/7's disease or syndrome (Protocol). Cochrane Database of Systematic Reviews 2010, Issue 3. Art. No.: CD008419. DOI: 10.1002/14651858.CD008419			Changes in management of balance disorders; adverse effects; acceptability to patient
Is Ménière's disease triggered or exacerbated by any specific medication (and my implication is avoidance of those drugs helpful)?	No relevant systematic reviews identified		Adult	Mixed or complex												Aspects of Balance Priority Setting Partnership Rank: 13			Change in Meniere's disease symptoms; adverse effects; acceptability to patients	
Is there any specific treatment to prevent drop attacks in patients with Ménière's disease?	No relevant systematic reviews identified		Adult	Exercise	Diet	Drug	Physical therapies	Devices	Surgery							Aspects of Balance Priority Setting Partnership Rank: 15			Change in number of drop attacks; adverse effects; acceptability	
What are the best interventions to improve balance/minimise symptoms in daily activities such as supermarkets, escalators etc.?	Reliable up-to-date systematic reviews have revealed important continuing uncertainties about treatment effects	4	Adult	Exercise	Diet	Drug	Physical therapies	Devices	Surgery							Balance priority 4 Aspects of Balance Priority Setting Partnership Rank: 4 Suggested research strategy Step 1 A systematic review of interventions to improve balance and minimise symptoms precipitated by motion-induced daily activities in patients with vestibular dysfunction. Proceeding if necessary to Step 2 A trial of interventions to improve balance and minimise symptoms precipitated by motion-induced daily activities in patients with vestibular dysfunction.	Hillier SL, McDonnell M. Vestibular rehabilitation for unilateral peripheral vestibular dysfunction. Cochrane Database of Systematic Reviews 2011, Issue 2, Art. No.: CD005397. DOI: 10.1002/14651858.CD005397.pub3	Howe TE, Rochester L, Jackson A, Banks PMH, Blair VA. Exercise for improving balance in older people. Cochrane Database of Systematic Reviews 2007, Issue 4, Art. No.: CD004963. DOI: 10.1002/14651858.CD004963.pub2	10 Weeks of Nintendo Wii Fit balance Training Improved Postural balance and Muscle Strength in Elderly Individuals WICAN NCT01371253 The effect of progressive resistance training on falls, balance and quality of life in older adults with impaired balance http://www.anzctr.org.au/ACTRN12610001013055.asp Effect of the Otago Programme Delivered as Home Exercise or Group Exercise FALLFOR NCT01314881 Effect of Vestibular Rehabilitation - a Randomized Controlled Trial Visual training program to improve balance and prevent falls in older adults NCT00549406	Changes in balance with minimal symptoms
What interventions are effective in preventing Ménière's disease going to the second ear?	No relevant systematic reviews identified		Adult	Exercise	Diet	Drug	Physical therapies	Devices	Surgery							Aspects of Balance Priority Setting Partnership Rank: 11			Incidence or progression of Ménières to or in the second ear	
What is the best treatment for the residual hearing loss and tinnitus in end-stage (no vertigo attacks) Ménière's disease?	No relevant systematic reviews identified		Adult	Drug	Devices											Aspects of Balance Priority Setting Partnership Rank: 25			Change in hearing levels and tinnitus	
What is the best treatment to produce rapid recovery of balance following a Ménière's attack?	No relevant systematic reviews identified		Adult	Exercise	Diet	Drug	Physical therapies	Devices	Surgery							Aspects of Balance Priority Setting Partnership Rank: 24			Time to recovery following a Ménière's attack	
What is the best way of training health professionals in the management of balance disorders?	No relevant systematic reviews identified	2	Adult	Education and training												Balance priority 2 Aspects of Balance Priority Setting Partnership Rank: 2 Suggested research strategy Step 1 An overview of systematic reviews of educational/training interventions for improving diagnosis and management by healthcare professionals, followed by a systematic review of educational/training interventions for health professionals managing balance disorders. Proceeding if necessary to Step 2 A trial comparing different educational/training interventions for improving the management of balance disorders by health professionals.			Improved diagnosis and management of balance disorders by health professionals	
What is the most effective treatment for vestibular migraine?	Reliable up-to-date systematic reviews have revealed important continuing uncertainties about treatment effects	3	Adult	Exercise	Drug	Diet	Devices	Physical therapies	Surgery							Balance priority 3 Aspects of Balance Priority Setting Partnership Rank: 3 Suggested research strategy Step 1 Parallel activities comprising: A systematic review of interventions for the management of patients with vestibular migraine and a review and summary of the diagnostic criteria for vestibular migraine and development of an evidence-based algorithm/pathway to aid diagnosis. Proceeding if necessary to Step 2 A trial comparing different interventions for vestibular migraine.	Fotuhi M, Glau B, Qian SY, Sofare T. Vestibular migraine: a critical review of treatment trials. Journal Neurology. 2009;256(5):711-6. PMID: 19252785	Prophylactic treatment of vestibular migraine with metoprolol N/A ISRCTN72824329	Improvement of treatment of vestibular migraine	

What is the optimal process for GP education and training for improved diagnosis and management of balance disorders?	No relevant systematic reviews identified	1	Adult	Education and training											Balance priority 1 Aspects of Balance Priority Setting Partnership Rank: 1 Suggested research strategy Step 1 A systematic review of educational/training interventions for improving (a) disease diagnosis and management in general practice in general, (b) specifically looking at the diagnosis and management of balance disorders. Proceeding if necessary to Step 2 A trial comparing different educational/training interventions in general practice for improving the diagnosis and management of balance disorders.			Improved diagnosis and management of balance disorders in General Practice
What is the optimum pharmacological strategy for the management of patients with balance disorders?	Existing relevant systematic reviews are not up-to-date		Adult	Drug											Aspects of Balance Priority Setting Partnership Rank: 16		James A. Burton MJ. Betahistine for M7n7re's disease or syndrome. Cochrane Database of Systematic Reviews 2001, Issue 1. Art. No.: CD001873. DOI: 10.1002/14651858.CD001873	Optimal medication management
What is the optimum pharmacological strategy for the management of patients with Meniere's disease? In particular, what are the effects of betahistine (including long term effects)?	Reliable up-to-date systematic reviews have revealed important continuing uncertainties about treatment effects	7	Adult	Drug											Balance priority 7 Aspects of Balance Priority Setting Partnership Rank: 7 Suggested research strategy Step 1 Systematic reviews of the effects of pharmacological interventions (including betahistine) to (a) reduce the severity and frequency of attacks and the progression of Meniere's disease, and (b) control the symptoms of an acute attack. Proceeding if necessary to Step 2 Trials to evaluate the effects of pharmacological interventions (including betahistine) to (a) reduce the severity and frequency of attacks and the progression of Meniere's disease, and (b) control the symptoms of an acute attack.	James A. Burton MJ. Betahistine for M7n7re's disease or syndrome. Cochrane Database of Systematic Reviews 2001, Issue 1. Art. No.: CD001873. DOI: 10.1002/14651858.CD001873 Pullens B, van Bennehem PP, Intratympanic gentamicin for M7n7re's disease or syndrome. Cochrane Database of Systematic Reviews 2011, Issue 3. Art. No.: CD008234. DOI: 10.1002/14651858.CD008234.pub2 Phillips JS, Westerberg B, Intratympanic steroids for M7n7re's disease or syndrome. Cochrane Database of Systematic Reviews 2011, Issue 7. Art. No.: CD008514. DOI: 10.1002/14651858.CD008514.pub2 Burgess A, Kundu S. Diuretics for M7n7re's disease or syndrome. Cochrane Database of Systematic Reviews 2006, Issue 3. Art. No.: CD003599. DOI: 10.1002/14651858.CD003599.pub2		Change in Meniere's symptoms; adverse effects; acceptability to patient
Which therapeutic interventions are effective to treat vertigo in people with multiple sclerosis?	No relevant systematic reviews identified		Any age	Exercise	Mixed or complex	Environmental	Diet	Education and training	Drug	Psychological therapy	Physical therapies	Complementary therapies	Devices	Vaccines and biologicals	This is an indicative uncertainty and several submissions were merged to form this one. Uncertainties identified from 2 patients			Change in vertigo; management and/or change of MS symptoms; adverse effects or complications; acceptability to patients or carers; time to return to work or normal activity; time in hospital and/or needing health or social care services; health related quality of life; and costs